

# Fall Favorites: Hot & Healthy Servings

Fall is a great time of year to enjoy outdoor activities such as visiting an apple orchard or a pumpkin farm or simply meeting a friend for a walk.

**Check it out...** Indiana has approximately 4,000 acres of apples, with annual production of about 1.2 million bushels. Why not take a trip to one of the sixty orchards throughout Indiana and bite into a delicious apple or sip on some hot apple cider? Visit [www.allaboutapples.com](http://www.allaboutapples.com) to find an orchard near you! Don't forget to bring home a few of your favorite apples, you'll need them for this yummy yet healthy recipe...

## Apple-Walnut Cookies

2 cookies per serving = 128 calories, 4g fat, 2g fiber

### Ingredients

Vegetable cooking spray  
1 cup rolled oats  
1/2 cup walnuts, chopped  
1 cup whole wheat pastry flour  
1/2 tsp baking soda  
1/4 tsp baking powder  
1/4 tsp salt  
1/2 tsp ground cinnamon  
1/4 tsp ground ginger  
2 egg whites  
1 Granny Smith apple, peeled, cored & grated  
1/4 cup unsweetened applesauce  
1/2 cup light brown sugar  
3 tbsp sugar

2 tbsp vegetable oil  
1/2 tsp vanilla extract  
1/2 cup raisins

### Cooking Instructions

1. Heat oven to 375 F. Spray baking sheets w/ cooking spray.
2. Place oats & nuts on a separate, unsprayed baking sheet & toast until golden, about 8 min. Set aside.
3. Combine flour, baking soda, baking powder, salt, cinnamon, & ginger in medium bowl.
4. Combine egg whites, grated apple, applesauce, b. sugar, sugars, oil & van. ext. in large bowl. Stir in the dry ingredients until just combined. Add raisins, oats, & walnuts.
5. Drop dough onto prepared baking sheets by Tbsp., about 2 inches apart.
6. Bake about 10-12 min.

**Enjoy!**

Source: FoodFit.com



## Wellness at work...

- Take a 20 minute walk outside or, if it's just too chilly, stroll around your workplace. Every step counts and it all adds up!
- Do you pack your lunch? Prepare your lunches on Sunday so you don't have to worry about it during the week. You will be more likely to eat something healthy if you have planned ahead.
- Don't forget an apple a day keeps the doctor away!
- 2 large graham cracker squares with 1 teaspoon peanut butter
- 1 cup of blueberries or 2 cups of raspberries or 28 grapes
- 1 serving fat-free chocolate pudding
- 1 handful of tortilla chips & salsa
- 100-calorie pack of low-fat popcorn
- 1 small latte with skim milk
- Half an apple with 2 teaspoons of peanut butter
- 10 cashew nuts or 10 almonds

### **Hungry? Try one of these 100-calorie snacks!**

### **Did you know...**

- Raking leaves for 30 minutes will burn approximately 150 calories. What a great way to be active & productive.
- The difference between a large gourmet chocolate chip cookie & small chocolate chip cookie is about 40 minutes of raking leaves (200 calories).

Source: U.S. Department of Health and Human Services



**Get moving with a friend, take a walk and enjoy the beauty of Fall as the leaves begin to change.**

# Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.


A great way to add useful content to your newsletter is to develop and write

your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find

“filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

# Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for

your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

*“To catch the reader’s attention, place an interesting sentence or quote from the story here.”*

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial.

You can also profile new employees or top customers or vendors.

# Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid

selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



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# Organization

## INShape Indiana

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

**Your business tag line here.**

We're on the Web!

example.microsoft.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the

names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your

readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



**Caption describing picture or graphic.**